



Rye Valley EHC
Club

HOMEMAKERS PRAYER

We thank Thee for Thy great understanding love. As homemakers our responsibilities are many. We seek Thy guidance as we go about our tasks in serving our families and communities. As we share our talents in words and deeds, may they be acceptable and pleasing to Thee.

CLUB MOTTO

What kind of club would my club be if every member were just like me?

INTENTION + ACTION = ACHIEVEMENT

OUR EMBLEM

The emblem is composed of three concentric circles which typify the home, the state, and the nation.

The hearth fire in the center symbolizes the home and expresses the spirit of the finer attributes of the home, such as fellowship, hospitality, comfort, peace, and protection.

The oak leaf symbolizes the strength of the home; the lamp of knowledge, the wisdom with which a home and family must be created; the wheat, productivity and richness of family and community life.

Around these symbols are the words "HOME, FAMILY, COMMUNITY" with "COOPERATIVE EXTENSION SERVICE" in the outer circle --- designating the cooperation of the country, state, and nation in the Extension Program.

From Handbook
National Home Demonstration
Agents Association

HOMEMAKER'S CREED

"As Homemakers we will strive to:

Have our organization foster the highest ideals of home, church, school and public life.

Have our homes reach out in service to the community and help unite the people.

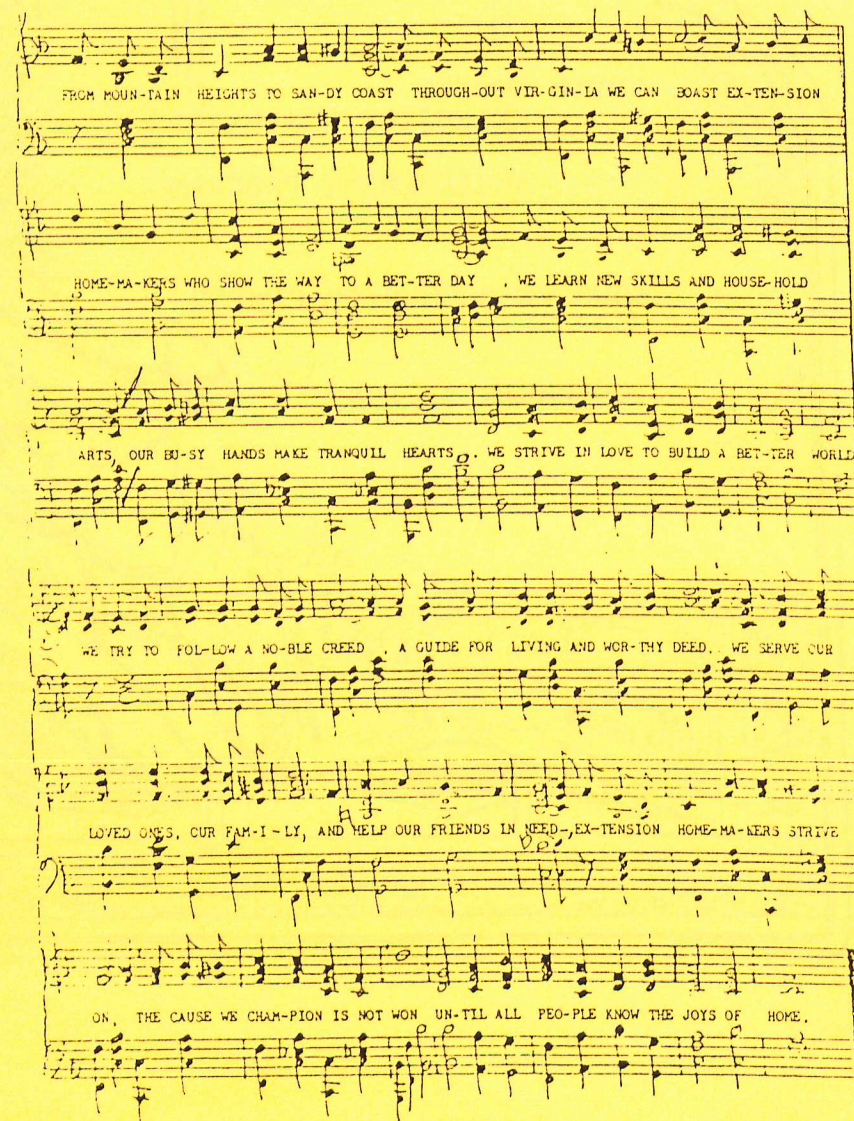
Study the best ways to do everyday work that we may find joy in common tasks well done.

Be kind beyond the standards of charity, avoid thoughts and words that condemn; be more thoughtful than love requires; maintain the highest ideals of our heritage.



VIRGINIA EXTENSION HOMEMAKERS SONG

BY: Linda Betts Frazier



FREEZE AHEAD PEANUT BUTTER KISSES

- | | |
|---------------------------------------|--------------------------------|
| 1/4 cup butter or margarine, softened | 1 egg |
| 1/4 cup shortening | 1/2 cup chunky peanut butter |
| 1/2 cup firmly packed brown sugar | 1 1/3 cups flour |
| 1/2 cup granulated sugar | 1 teaspoon baking soda |
| 1/2 teaspoon vanilla | 1/4 teaspoon salt |
| | 60 solid milk chocolate kisses |

Cream together butter, shortening, sugars and vanilla. Beat in egg. Mix in peanut butter. Stir in dry ingredients. On two sheets of Heavy Duty Reynolds Wrap, shape dough into two 8-inch logs. Drugstore wrap in foil. Label, date and freeze. Preheat oven to 350°F. Unwrap and slice frozen logs into 1/4-inch slices. Bake on Reynolds Redi-Pan cookie pans 8 minutes. Gently press one solid milk chocolate kiss in the center of each. Bake an additional 2 to 4 minutes or until lightly browned. Remove with spatula to wire rack to cool.

Makes: 5 dozen cookies.

For gift giving: Center an 8 1/2 x 11-inch cardboard between two 12 1/2 x 15-inch sheets of Heavy Duty Reynolds Wrap. Double fold edges forming 1-inch sides. Score and miter corners. Place cookies on foil tray, overwrap with Reynolds Plastic Wrap and tie with ribbon.

the Reynolds Wrap Kitchens

Reynolds Metals Company
Consumer Products Division/Richmond, VA 23261/(804) 281-4630
Item: 2.9 CS-90



*the club quilt
sell of Troutdale.
on drew the
under.*



Rye Valley Homemakers meet

The Rye Valley Extension Homemakers Club met at the Sugar Grove Baptist Shelter for the December meeting.

Roll call was answered by 15 members. Devotions were a poem entitled, "A Christmas Heart."

The president gave reports from council meetings. The club gave a donation to the community council for Christmas fruit baskets.

The group did not exchange gifts but gave the money to Santa's Elves. The winner of the club quilt was Ron Russell of Troutdale. Cards were sent to the sick.

The meeting was adjourned with the annual covered dish Christmas luncheon.

The next meeting was held Jan. 8 at the Elizabeth Fellowship Hall. The group is still collecting magazines for a shut-in person. Call 677-3244 or 3178.

Clip & Save

*Santa's Elves
Program 1991*

t have a Christmas



Debbie Mobley is grateful to the Santa's Elves program which has helped her and her husband Michael's two daughters, Sarah Ann (left) and Jennifer have a happy Christmas.

Jane P. Clark.

Russell Martin, Kathy D. Evans, Wood World employees Robert and Georgia Pennington. Charles and Linda Keen, Dorald and Mary Alls, Roger and Dixie Seymour, Sue Sturgilner, Mrs. Marshall Turner, Terri Neel.

Susan S. Duncan, Mrs. Garth Arnold, Homer and Genevieve Bowen, Sara H. Stanley, Mountain Empire Gymnastics, Jam and Paula Perkins.

Mary Jane McGlothlin, Virginia Miller, Algie and Patsy Crouse, Hugh and Marie Murphy, Joan Groseclose, Stephen L. Eller.

Mr. Casuals employees Hughes Buchanan, Edward and Cathy Bosley, Alice L. Osborn, Joycie M. Mutter, Fred and LeMead.

Employee Fund-Lowe's Marion, Glenn and Ethel Copelover, Superior Carriers, William B. Robbins Inc., Seven Mile Ford Extension Homemakers Club M.E. and Cathy Holley.

Tod Owens, Polly Barr, Laura Springs Methodist Church, Dorothy J. Weaver, Southwest Virginia Mental Health Institute Medical Records Dept., W. Marion Methodist Church.

Smyth County Health Department, Roger and Peggy Cardwell, Joe Cardwell, Marion Post Office employees, Adult Bible Study Class-Chilhowie United Methodist Church, Helen M. Boswell, Shirley A. Calahan.

partment, Sherry Lowery, Carol Keese.

Anne Harrington, Cheryl Olinger, Joyce Haga, Russell and Patricia Dix, Rye Valley Homemakers Club, Mrs. Neil Hollyfield, Goodwill Baptist Church.

Michael Baumgamer, Evelyn M. Payne, Shirley Y. Ellis, Patricia R. Gilliam, J.R. Reese Jr.,



Peggy JARVIS
OUTSTANDING Club Member



Rye Valley Club won
First place for the
Scrapbook 1991



Rye Valley Extension Homemakers Club won first place for the scrapbook.

Eva Jarvis
Darlene Earnest
Helma Howlharne
Pally Earnest
Peggy Jarvis
Nell Rose
Jannie Johnson
Ethel Keyes





EHC Members



January '92

Recipe for a happy New Year

I will:

Like Paul-
forget those things which are behind and press forward

Like David-
lift up mine eyes unto the hills from whence cometh my help

Like Abraham-
trust implicitly in my God

Like Enoch-
walk in daily fellowship with my heavenly father

Like Jehosaphat-
prepare my heart to seek the Lord

Like Moses-
choose rather to suffer than to enjoy the pleasure of sin for a season

Like Daniel-
commune with God at all times and in all places

Like Job-
be patient under all circumstances

Like Caleb and Joshua-
refuse to be discouraged because of superior numbers

Like Joseph-
turn my back on all seductive advances

Like Gideon-
advance even though my friends are few

Like Aaron and Hur-
uphold the hands of my minister and the leaders of my church with my prayers and support

Like Andrew-
strive to lead my brother to Christ

Like Stephen-
manifest a forgiving spirit toward all who seek my hurt

Like JESUS-
go about doing GOOD.

Gospel-Lite

January



Judy Midkiff
Program - The new Program
of Stark Area.



Members enjoyed a low
Calorie lunch



President
Eva Jarvis



Installing Officers
1992

Eva Jarvis
Nell Ross
Thelma Hawthorne
Mary Jane B

Women's Money Management

A Workshop Series on Money Management

TUESDAYS
March 3 - April 14
7 p.m.

Smyth Education Center
Atkins, Virginia

Supporting Organizations/Agencies:

- Marion-Smyth
Chapter No. 1851 of AARP
- Smyth County Extension Homemakers
Council
- Smyth Education Center

For further information contact:

Judy Midkiff
Extension Agent, Home Economics
783-5175

Consider winter wardrobe to assure keeping warm

As January has arrived, it is time to consider a winter wardrobe to keep you warm.

The best suggestion is to wear layers of clothing that will contribute to overall warmth. Dressing in layers also allows one to easily add and subtract garments as the temperatures and one's activities change.

A breathing layer will pick up body moisture from the skin. Fabrics containing wool, cotton, linen, silk or rayon are good. Garments may include thermal underwear, T-shirts, and slips.

An insulating layer will hold the escaping warmed body air in dead air spaces around the body.

Extension Hot Line

by Judy Midkiff
Extension Agent

Examples of this layer include sweaters, flannel shirts, turtleneck tops, long-sleeved blouses with a scarf or tie at the neckline, thick straight-legged slacks that are lined, and straight long skirts.

A protective layer will keep warm air in and cold, moist and drafty air out. Quilted or fiberfill

See Warm, page 7B

Warm

Continued from page 4B

coats with poplin, taffeta, or oxford cloth as the outer layer, jackets with ribbed cuffs, blazers, shawls and robes are included in this layer of clothing.

Always include a covering for the head and ears because the body loses a large portion of its heat through the head. Consider a

wool knit cap or hat.

Other suggestions for winter apparel include: mittens or leather gloves with a loose-pile or silk lining, footwear with thick soles that do not constrict toe movement, padded or fur-lined slippers, opaque hose and thick wool socks, long-hooded robes, bed socks, ski-type pajamas and leg warmers.

Tips can be helpful in staying on diet

**Extension
Hot Line**
by Judy Midkiff
Extension Agent

It seems that everyone is saying they are on a diet. This column is devoted to a few facts that should make the dieting easier. Keeping in mind the fact that the facts can help you to avoid a lot of unnecessary calories and even eat some things you've probably considered taboo.

- The smallest container of cottage cheese (8 oz.) is really two servings. The label gives nutritional content per serving.

- You're like many dieters who eat a whole container of cottage cheese for lunch, you're not eating 120 calories (the number on the label), but 240. Moral: read the label carefully.

- Reading the label carefully also can pay off when buying tuna. You'll find differences between oil and water-packed tuna. A comparative study shows that oil-packed is 210 calories, 23 grams protein, and 13 grams of fat, while water-packed is only 120 calories, 27 grams protein, and 2 grams of fat.

- Another common misconception is the low calorie content of fruit yogurt -- it's not as low as you might think (260 calories in only 130 calories and coffee, has vanilla-flavored yogurt have only 200 calories each. Yogurt can be a sensible diet staple as long as you add up the right number of calories.

- Potatoes, often thought of as taboo for dieters, should be re-

considered since a 4 oz. potato has only 72 calories, and rates high in vitamin C, thiamin, niacin, riboflavin, and iron. Watch out for pitfalls, though. Ten large French fries have 197 calories. A hefty dollop of sour cream (1 Tbsp. = 30 calories) could double the calories in a baked potato.

- If you think a calorie-free fruit juice, you're missing out on certain other vitamins and minerals. For example, orange juice is a good source of B-vitamins, phosphorous, magnesium, and potassium. A 6 oz. glass of orange juice has only 90 calories. A medium orange has approximately 100 calories.

If you have questions about your diet plan and the calorie count of different foods, please call the Extension Office at 783-5175.

SMYTH COUNTY EXTENSION HOMEMAKERS CALENDAR OF EVENTS 1992

- JANUARY** - Program "New Program of Work Areas" (Agent will visit)
Plan Club Choice for February
Complete yearbooks
Submit program calendar and leader form to the Extension Office
Complete club president's report by January 15.
Club treasurer should submit payment for 1992 yearbooks (\$1.00 each) to Lou Hunt, County EHC Treasurer
- FEBRUARY** -Program Club Choice
County Council and Leadership Conference February 5
Leader Training - Flower Arranging February 25
- MARCH** - Program Flower Arranging
Leader Training - Eye Glass Ministry March 24
Reservations for Area III meeting due by March 27 to Lou Hunt (Host: Wythe County)
- APRIL** - Program Eye Glass Ministry
County Council April 1
Leader Training Recycling Clothing April 28
Attend Area III Meeting in Wythe County
- MAY** - Program Recycling Clothing
- JUNE** - Program Family Community Leadership (Agent will visit)
County Council June 3
Make plans for Club Choice in July
- JULY** - Program Club Choice
Leader Training Quilt Pattern Exchange and Lap Quilting July 28

VIRGINIA COOPERATIVE EXTENSION SERVICE

VIRGINIA
STATE

VIRGINIA
TECH

Smyth County Extension Office
P. O. Box 510
Marion, VA 24354
February 5, 1992

Dear Certain EH Presidents:

The following is a schedule of clubs that have volunteered to visit the Extended Friendship club at Southwestern Virginia Mental Health Institute.

February	Saltville
March	
April	Cleghorn
May	Marion
June	Rye Valley
July	Scenic View
August	Nebo
September	Adwolfe
October	Seven Mile Ford
November	Rich Valley
December	

As last year, the meeting is held at 1:30 p.m. on the third Thursday. Please call Betty Tibbs at 783-1200 before the meeting to discuss the activities of the day.

Sincerely,

Judith L. Midkiff
Judith L. Midkiff
Extension Agent

moh

cc: Betty Tibbs
Willie McFarlane

AUGUST - Program Quilt Pattern Exchange and Lap Quilting July 28
County Council August 5
Make plans for Club Choice in September
Complete 1993 membership forms
Let Extension Office know about any 30, 40, or 50 year members

SEPTEMBER-Program Club Choice
Leader Training Precycling and Planting Trees
September 22
Complete 1993 membership forms
Saltville, Rich Valley, and Nebo begin preparation for Achievement Day
Make preparations for EHC Week and Board of Supervisors Luncheon

OCTOBER - Program Precycling and Planting Trees
County Council October 7
Leader Training Christmas Tree Ornaments October 27
Make plans for Forest Fantasy on November 2
VEHC Annual Meeting Radisson Hotel, Lynchburg
Chilhowie, Seven Mile Ford, and Cleghorn begin preparation for 1993 yearbook
Celebrate EHC Week
Board of Supervisors Luncheon October 13

NOVEMBER- Program Christmas Tree Ornaments
Forest Fantasy November 7
Plan Club Choice for December meeting
Appoint nominating committee

DECEMBER- Program Club Choice
Achievement Day December 5
Install 1993 officers

MINUTES
Smyth County Extension Homemakers Council
December 3, 1991

The Smyth County Council meeting met December 3, 1991 at the Smyth County Regional Library with 9 people present.

Lou Hunt reported a balance of \$1,055.78 in the Treasury.

Business:

Doris Smith reported on the Bloodmobile. We received 100 pints of blood and got a very good review on the homemade cookies. Everything seemed very successful this time.

Lou Hunt gave a report on the Forest Fantasy. She had some "good and bad," and "do's and don't" to report. She stated, "it need to be posted and stated, NO food or drinks at all." She stated we need new regulations written up. She suggested we get a new committee to write up new regulations that everyone must follow. We listened to several new suggestions for a better Forest Fantasy. New thoughts and more discussion will follow at a later date.

Freda Dolinger gave a report on the Nominating Committee. She said the committee choose Jo Anne Peake for new president, and Lou Hunt as treasurer for the up-coming 1992 year. She advised the door will be open for other nominations at the Achievement Day program.

Lou Hunt advised us the new club yearbooks are at the printers and will be picked up Saturday ready to give out at the Achievement Day meeting.

The Best of the Virginia Cookbooks are in and can be picked up at the Extension Office. If more are wanted we will have to sell 30 more to be able to get them at \$7.50 each.

Doris Smith gave a progress report on Achievement Day. Fifty-eight have paid so far. It will start with registration at 1:30 p.m. and refreshments at 2 p.m. with business meeting to follow and entertainment.

Doris Smith also reported next year (1992) Yearbook Committee will include Chilhowie, Cleghorn, and Seven Mile Ford clubs. Also the next year (1992) Achievement Day host clubs will be Rich Valley, Saltville, and Nebo.

IRS Matters: Doris Smith explained according to James Morris we will need a tax number for the EHC "if over three money-making events are held per year. Judy Midkiff will have more information later.

There will be a Holiday Food Show, Tuesday, December 10 at 10 a.m. and 7 p.m. at the Education Building of the Smyth County Community Hospital. Judy Midkiff and Lovis Countiss will present the program. More detail the Smyth County paper.

The first deposit for the DC trip is due November 15. The second deposit is due in February and the third in March. Outsiders will be allowed to go on this trip also.

Other business was brought up by Lou Hunt. She read Judy Midkiff duties from a letter that stated she is an Extension Agent adviser. She is to advise the clubs only and that the clubs are to take on most of the responsibility themselves. Lou suggested that we need new By-Laws for our County clubs stating exactly in black and white as to who and what can be and will be done, and how far Judy Midkiff can go with us as club members.

Also there was a short discussion on, "Why our club membership is falling away?" It was stated we need to find out what will keep the people interested in our clubs. Doris Smith gave us some ideas on how to put new interests in our clubs. Other members then added their thoughts on how to keep interest going. Some stated we need motivation for the members.

The meeting was then adjourned wishing all a safe and Happy Holiday Season.

Next meeting will be in February.

Doris Blevins
Secretary

PRESIDENTS OF CLUBS AND MEETING PLACES

Adwolfe
Club President: Rosa Hayes
Telephone Number: 783-7480
Meeting Place: Adwolfe Fire Hall

Chilhowie
Club President: Beulah Wolfe
Telephone Number: 646-8466
Meeting Place: Members' Home

Cleghorn
Club President: Kathleen Martin
Telephone Number: 496-7058
Meeting Place: Members' Home

Extended Friendship
Staff Member: Willie McFarlane
Telephone Number: 783-1200
Meeting Place: SWVMHI

Marion
Club President: Ethel Bivens
Telephone Number: 783-7979
Meeting Place: Grace United Methodist Church

Nebo
Club President: Helen Cassell
Telephone Number: 682-4301
Meeting Place: Members' Home

Rich Valley
Club President: Doris Smith
Telephone Number: 624-3398
Meeting Place: Rich Valley Presbyterian Church

Rye Valley
Club President: Eva Jarvis
Telephone Number: 677-3244
Meeting Place: Elizabeth United Methodist Church

Saltville
Club President: Pat Price
Telephone Number: 496-4896
Meeting Place: Saltville Senior Citizens Building

Scenic View
Club President: Freda Dolinger
Telephone Number: 646-3978
Meeting Place: Members' Home

Seven Mile Ford

Club President: Doris Blevins
Telephone Number: 646-8122
Meeting Place: Members' Home

Sugar Grove

Club President: Anne Parsons
Telephone Number: 677-3303
Meeting Place: Sugar Grove Baptist Fellowship Hall

COUNTY OFFICERS

President

Jo Anne Peake
Route 2, Box 766
Chilhowie, VA 24319
646-8344

Vice-President

Beulah Wolfe
Star Route, Box 5
Chilhowie, VA 24319
646-8466

Secretary

Doris Blevins
109 Deerfield Lane
Seven Mile Ford, VA 24354
646-8122

Treasurer

Sue McAllister
Route 3, Box 143
Marion, VA 24354
783-7587

AGENDA

Smyth County Extension Homemakers County Council
February 5, 1992

Call to Order - Jo Anne Peake, President
Minutes - Doris Blevins, Secretary
Treasurer's Report - Lou Hunt, Treasurer
Busines

--Achievement Day

--Flavoring and Cookbooks

--IRS Matters

--Forest Fantasy

--State Hospital Visits

--Committee Assignments

--Area III Meeting

--WFIP

February

Club Choice

Select hostesses and leaders

Love is patient and kind;
love is not jealous or boastful;
it is not arrogant or rude.
Love does not insist on its own way;
it is not irritable or resentful;
it does not rejoice at wrong,
but rejoices in the right.

Love

bears all things,
believes all things,
hopes all things,
endures all things.

Love never ends . . .

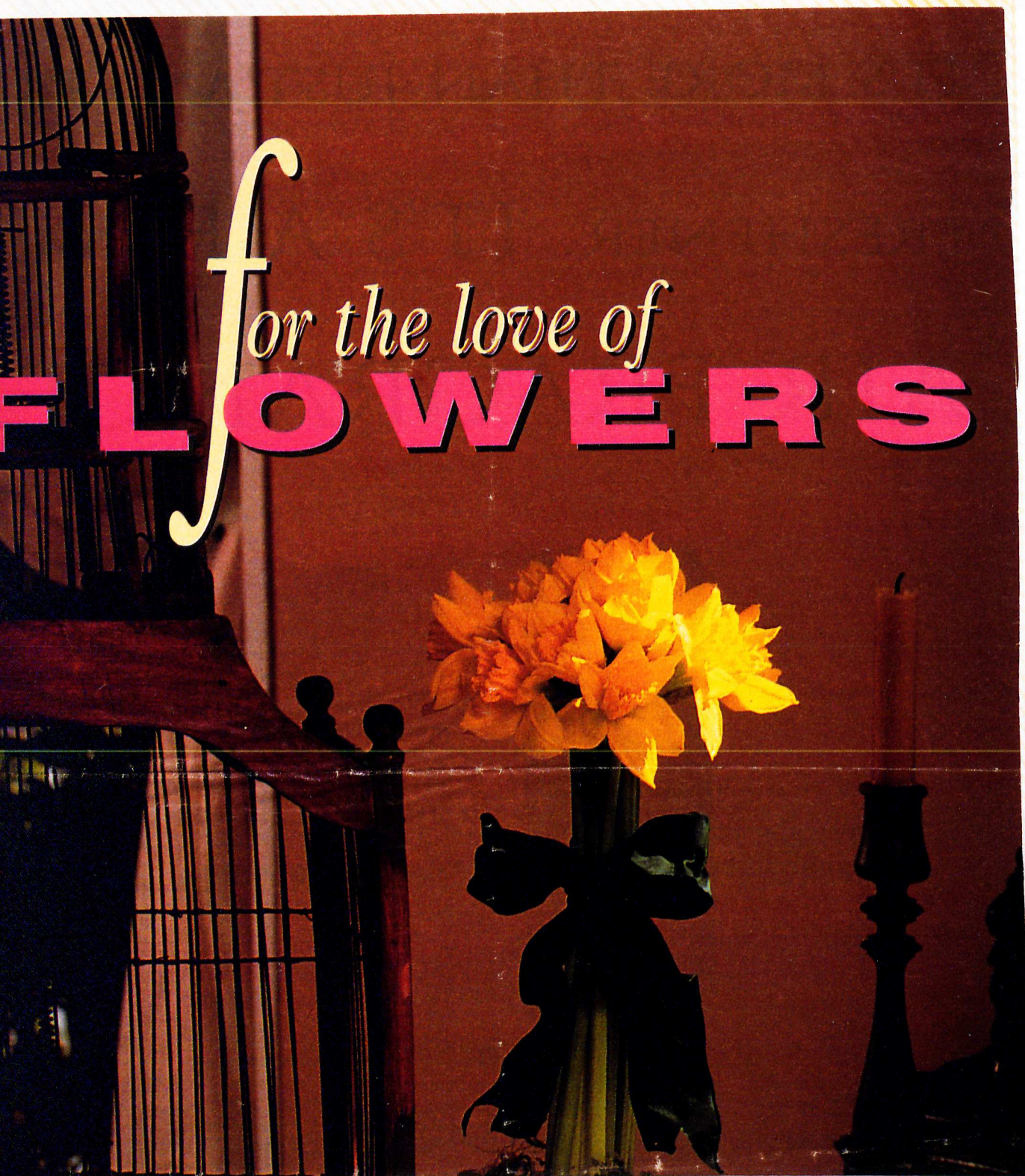
I Corinthians 13:4-8

Did you hug someone today?

Kindness is the language the deaf can
hear, and the blind can see.



From Jennifer Lynn



FLOWER ARRANGING

THE BASIC PROCEDURE

The first two steps involve basic artistic decisions which will determine your precise actions throughout the rest of the procedure:

1. Decide on the location of your arrangement.
2. Clarify your mental image of how the completed arrangement should look.

The next four steps, all mechanical, should be completed sometime before you begin to actually arrange your flowers. They may already have been done if you obtained the flowers from a florist:

3. Strip all foliage from the portions of the stems of the flowers, and greens that will be below the waterline in the completed arrangement.
4. With a sharp knife, cut the ends of the stems at an angle.
5. Place the flowers and greens in a container of water at 100 degrees F.
6. Leave the container in a cool, dark room or in your refrigerator for several hours.
7. Assemble your tools and mechanical aids, including a copy of the color wheel.
8. Scrub your container with soap and water, rinse it completely, and dry it thoroughly.
9. Equip the container with the proper holder for your flowers and the type of arrangement you are planning.
10. Fill the container almost to the brim with warm water containing the proper concentration of a flower preservative.
11. Place the container on an appropriate work space so that, as you design the arrangement, you will be looking at it from the same angle that it will be viewed from in its intended setting. The container should be near the front edge of the work table.

Finally, you are ready to work with the flowers:

12. Separate spike flowers from face or round flowers.
13. Critically examine each flower as to stage of development, characteristic line of stem, size of blooms, and color.

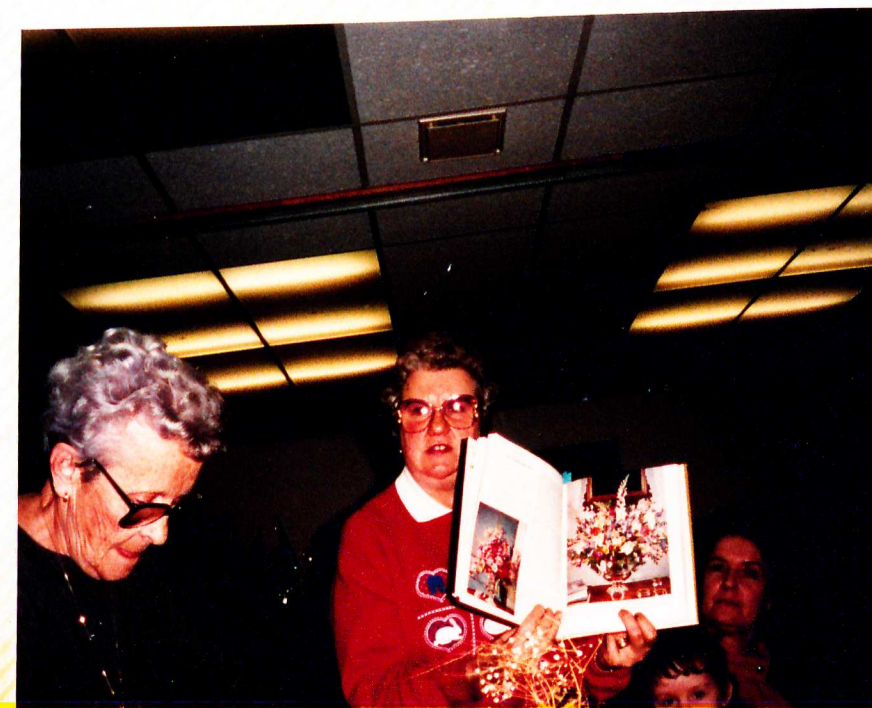
4. Store the arrangement in a cool spot or in your refrigerator at night or when it is not on view. Even better, enclose it in a plastic bag to insure a moist atmosphere and no drafts.
5. Manicure the arrangement daily, removing wilted material and making changes in your design where necessary.
6. Finally, when the arrangement is no longer attractive, use the remaining fresh flowers to make another, simpler arrangement.

Source: Hillier, Florence Bell, Basic Guide to Flower Arranging

Compiled by: Judith L. Midkiff
Extension Agent
Smyth County
February, 1992

March

Roberta Hayton AND
Genevieve Bowen
Program - Flower Arranging





IT IS NOT EASY

To apologize,
To begin over,
To admit error,
To be unselfish,
To take advice,
To be charitable,
To be considerate,
To endure success,
To keep on trying,
To forgive and forget,

To keep out of the rut,
To make the most of a little,
To maintain a high standard,
To recognize the silver lining,
To shoulder a deserved blame.
BUT THEY ARE SAID TO BE THE BEST!!!



The light that shines farthest shines brightest at home.

Extension offers spring activities

As we welcome the spring season, the Smyth County Extension Office is pleased to announce several activities and classes open to the general public. Contact the Extension Office at 783-5175 for more information on any of these events.

The Foodservice Sanitation Certification Course will be offered starting on Monday, April 13. This 16-hour course will certify those working in the foodservice industry to be certified food handlers. There is a fee for the class which includes the textbook, handouts, and the certification fee. The class will be held on April 13, 16, 20, and 27 from 1-5 p.m. at the Wythe

Extension Hot Line by Judy Midkiff Extension Agent

County Extension Office.

The Smyth County Livestock Show is slated to be held on Tuesday, April 21. The show is open to anyone ages 9-19 who wish to show cattle. The show is held in preparation for the Bristol Steer and Heifer Show which will be held May 5 and 6.

The Women's Financial Information Program will begin on April 29 and 30. In the eight-

week class, participants will learn good financial management principles. Topics such as credit insurance, banking practices, and budgeting will be covered in the class. Participants may choose the day class on Wednesdays at 10 a.m. or the night class on Thursdays at 7 p.m. There is a fee for the class, which includes all materials and the workbook.

The Extension Office will be offering Weight Control for Adults starting on May 4 and 11. The 10-week class will cover such topics as exercise, nutrition, modifying eating habits, eating out, and fad diets. Participants may choose the day class on Tuesdays at 10 a.m. or the night class on Mondays at 6:30 p.m. There is a fee for the class.

The Smyth County 4-H Camp will be held June 8-12 at the Southwest Virginia 4-H Center. The camp is open to children ages 9-13 who are enrolled in 4-H. There is a fee for the camp. The campers will have the opportunity to participate in such classes as clowning, miming, archery, arts and crafts, and foods.

For more information on the classes and activities, please call the Extension Office at 783-5175.

Weight control being offered

The Smyth County Extension Office will begin offering the course "Weight Control for Adults" beginning the week of May 4.

The night session of the weekly class will begin meeting on Monday, May 4, at 6:30 p.m. at the extension office.

The day session will begin meeting Tuesday, May 5, at 10 a.m. at the extension office.

To pre-register or for more in-

formation, please call the extension office at 783-5175.

Flower arranging topic for meeting

The Rye Valley Extension Homemakers Club met at the Elizabeth Fellowship Hall for the March meeting. There were 12 members present.

The meeting was called to order by president, Eva Jarvis. Devotions were given by Polly Earnest who read from Isaiah 40, and the Homemakers Prayer.

The minutes of the last meeting were read by Thelma Hawthorne.

Roll call was answered by "How Do Your Flowers Grow?"

Nell Ross gave a report on community council.

Plans were made for the Area III meeting which will be in Wytheville April 24 at the Rex Center.

Roberta Hayton and Genevieve Bowen presented the program on flower arrangement. They had several arrangements, including a table arrangement they made at the meeting.

Cards were sent to the sick.

The next meeting will be April 8.

West

Irene Rosenbaum West, age 63, died April 6, 1992, at her home in Marion. She was a lifetime member of Zion Hill United Methodist Church and was a Sunday School teacher for many years. She was a member of Ad-

wolfe Extension Homemakers Club and treasurer for Smyth County Homemakers Club for 23 years.

She is survived by her husband, William C. West of Marion; one daughter, Melanie Marie West of Marion; one sister, Mozelle Barton of Marion; three brothers, Millard S. Rosenbaum, Wallace S. Rosenbaum, and W. Herman Rosenbaum, all of Marion; several nieces and nephews and many special friends.

Funeral services will be held Thursday, April 9, at 2 p.m. at Seaver-Brown Chapel with Rev. Arlin Shupe and Rev. Jack Stevens officiating. Burial will follow in Thomas Cemetery in Marion. The family will receive friends tonight (Wednesday) from 7-9 p.m. at Seaver-Brown Chapel.

Seaver-Brown Funeral Service is in charge of arrangements.

IN LOVING MEMORY OF

Mrs. Kathleen Richardson Plummer

Born
June 19, 1915

Died
November 17, 1992

Age 77

SERVICES

2:00 p.m. Friday
November 20, 1992

Sugar Grove Baptist Church

Clergy

Rev. Kenny Price
Rev. Donald Medley

Interment

Attoway Cemetery

Pallbearers

Doug Testerman, Randy Hamm, Colonel Shupe, Jeff Richardson, Jessee Choate, Dean Brooks, Charles Taylor, Sam Parsons, Kyle Sexton



A missions group that recently traveled to the Caribbean island of Antigua to provide eye care was made up of (from left) seated: Dr. David Kiser, Dr. Bill Slater, pastor of Marion Baptist Church; standing: Dr. John F. Jones and his wife, Joy, and Harry and Gail Scott. (Photo by Linda White)

Missions group travels to Antigua

by Linda White
Editor

Marion Baptist Church will present a slide show Sunday, Sept. 13, at 7 p.m. on the recent trip by local physicians and members of the church to the Caribbean island of Antigua to provide eye care and glasses.

Pastor Bill Slater, Dr. David Kiser (ophthamologist), Dr. John F. Jones (optometrist) and his wife, Joy, and Gail Scott (nurse practitioner) and her husband, Harry, traveled to Antigua from July 26 to Aug. 2 with close to 5,000 pairs of used eyeglasses and medicine to treat the people

800 people individually for examinations and treatment or glasses when necessary. The group also led worship services at local churches and the U.S. Naval Base.

Kiser said the health conditions were among the worst he had ever seen. He saw more advanced cases of glaucoma than he had in 10 years of practice. "We took lots of medications but it was obvious that when it ran out they would not be able to get any more," he said.

Dr. Jones said some people brought empty bottles of medi-

people, the large amount of eyeglasses was necessary. And these had to be shipped by air. The original cost was going to be about \$988 but that was too high. Each member of the group was allowed two cases so each took one case of personal belongings and one case filled with eyeglasses. This left only left 23 boxes of eyeglasses and equipment for a shipping fee of \$488 provided by the church. There was also a great deal of hassle to get through customs, said Dr. Jones, which was very frustrating for the group.

Those who come to the slide

EYEGLOSS MINISTRY IN DEVELOPING COUNTRIES

The following information includes notes from Dr. John Jones, Optometrist, concerning the work he has done in developing countries in the eyeglass ministry.

Dr. Jones and volunteers are currently preparing for a trip in July to Costa Rica. Each Tuesday and Thursday night, volunteers gather at Dr. Jones' office to prepare glasses for the trip. A computer reads the prescription of the glasses to assist in matching them to people who need them. Volunteers are needed to wash the glasses. Donations of glasses will be taken until the group leaves for Costa Rica.

Dr. Jones has slides to illustrate the living conditions and mission work previously done in other countries. He has visited Brazil, Guatemala, and Tanzania. He described each trip in detail during the presentation.

In Brazil, the city in which they visited was Latoya. It is similar in size to Roanoke--about 280,000 people. However, in this country, there are no social programs such as we have like Medicaid, Food Stamps, and Social Security. Many people are very poor. These poor people wait with great anticipation for the trash truck to arrive. They get their food, clothing, and shelter from this truck. The Brazilian people are very polite and orderly when the huge number of people gather to rummage through the trash.

For the people to participate in the eyeglass ministry, the people would gather as early as 2 a.m. at the site. They were given tickets for the eye exam or dental exam. For this trip, both optometrists and dentists participated. After the eyes were examined, glasses were matched to that person.

The second trip was to Guatemala. The group worked with two tribes of Indians in the mountainous region of the country. The eye exams took place in the chief's or mayor's house. The affluence (wealth) of the people could be seen by the type of roof on their house. For example, a thatch roof was for the very poor, while the wealthy had a tile roof. The visiting group also had to take their own power supply in the form of generators. In the eyeglass ministry, the people were given plaques to read in their own language after being fitted with glasses. This was more difficult because there were 27 different languages there.

The last trip was to Tanzania. The flight took 18 hours to the capital of the country, and then a 9 1/2-hour drive to the site of the first clinic which was only 165 miles from the capital. On this trip, the equipment used for eye exam was broken in transit to the site of

the first clinic. The clinics were performed the old fashioned way. An interesting item about this country was that no picture of bridges, government buildings, highways were allowed. The group also treated a

Dr. Jones stated that they always run short with children's glasses. Any donations would be greatly appreciated.

Please call Dr. Jones if you can be of assistance with this worthwhile endeavor.

April



Polly Ernest and
Eva Jarvis

Program- Eye Glass
Ministry in Developing
Countries



MEMORIAL DAY

*...Land of the free
and the home of the brave!*

ENVIRONMENTAL ISSUES PROGRAM OF WORK

Goal

For participants to increase their knowledge and gain understanding of the role in preserving and protecting the environment and the quality of our water, air, land and natural resources.

The program will emphasize establishing daily habits to protect our water and manage the waste we generate, and will encourage participants to take action in their communities to help the environment.

Objectives

1. Over the next two years, 50% of the VEHC membership will be in an education program related to one or more of the following environmental issues:
 - * Conservation of air and water resources
 - * Testing of private water supplies
 - * Household waste management
 - * Household hazardous waste
 - * Environmental consumerism
2. Reduce household waste by reuse of material, recycling, or choosing durable or reusable products.
3. Become more environmentally responsible as a consumer by choosing household products that are less hazardous, have less packaging, use more recycled materials, or are more easy to recycle.
4. Take one or more actions to influence other community members to become more environmentally responsible.

Strategies

- Distribute leaders guide, "the greening of the consumer", to all county city environmental issues chairs and use it as the basis for a club program.
- Distribute leaders guides on water conservation and household hazardous waste and use as the basis for a club program.
- Distribute information on water testing and interpretation and have a club program on this topic.
- Conduct program on household waste management and encourage each member to make an effort to share the information with neighbors and friends.
- Distribute a resource list on environmental issues to all county chair.
- Incorporate information on water quality and waste management in club programs.
- Learn about local water treatment plants, landfills and waste management companies in your area.
- Conduct program on air quality in the home using plants as a means to create fresh air.

Extension service battles for funds

By MADELYN ROSENBERG
HIGHER EDUCATION WRITER

BLACKSBURG — As government organizations across the state struggle to cut 5 percent from their budgets, Virginia Tech's Cooperative Extension Service office is hoping for that same chance.

Rest assured, they never thought they'd be saying that.

But because Gov. Douglas Wilder's budget threatens to cut extension's funding by 29 percent, a proposed amendment to reduce that to 5 percent — the same as all higher education agencies are expected to shoulder — would be a major relief.

The amendment, which could restore as much as \$9.2 million, is expected to come out of House and Senate committees Sunday.

Asked what chances it had of passing, James Johnson, head of

Tech's extension office, just held up his hand. His fingers were crossed.

"No organization should have a totally secure base, but there shouldn't be this kind of insecurity where every cut sends shock waves," Johnson said.

His goal, once the amendment "evens things out," is to see the department become stable.

His help comes in the form of hundreds of grass-roots supporters; people who have used the extension service and want to keep on using it.

Ever since the governor's proposal came out, legislators have been bombarded with letters and phone calls from people who were explaining the importance of the extension — a program which ful-

PLEASE SEE **FUNDS/A6**

... too, have been inundated with letters and calls.

It is not rural farmers or homeowners who are penning these letters, but immigrants: Vietnamese, Ethiopians, Koreans; people who have used the extension service to learn American housekeep-

done. They already went through the original cuts. With these drastic cuts, the whole thing is cut out almost."

Some of Darner's mail has run in favor of tax increases, earmarked for education.

Marye's mail has not. And that concerns him.

"It's one thing to put in an amendment, but the second thing is: Where are you going to get the money?" he asked. "Where are we gonna get the \$9 million to fund extension?"

Marye had given his addition to the budget a 50-50 chance of passing.

Darner, one of the three dozen co-sponsors for the amendment, gave it more of a chance, but doubted that all \$9.2 million would be restored.

Some Extension funding restored

RICHMOND—The House and Senate restored about half of a \$12.2 million budget cut Gov. L. Douglas Wilder proposed for the Virginia Cooperative Extension.

The Senate Finance Committee recommended restoring \$6.5 million to Extension's 1992-94 budget, while the House Budget Committee drafted a \$5 million amendment. Differences between the two bills will be worked out in conference committee by March 7.

While the budget amendments came at least \$3 million short of Virginia Tech's request, Extension Director Dr. James F. Johnson said some popular programs slated for the budget ax may be saved.

Extension Service may get funds

By MADELYN ROSENBERG
HIGHER EDUCATION WRITER

BLACKSBURG — It looks as if Virginia Tech's cooperative extension office will be getting back \$5.8 million for its budget over the next two years. But details won't be available until this afternoon, when a legislative conference committee releases its report.

Tech officials were not sure Wednesday how much of the money would be in the first year of the biennium, but they were encouraged, said James Johnson, who heads Tech's extension office.

Originally, Tech was threatened with a cut of \$12 million for the department or about 29 percent of its budget. The extension office wanted \$9.2 million back, which would have given it a 5 percent cut, the same being asked of other higher education institutions.

"Looking at it optimistically, it

seems that we have a lot of support," Johnson said. "But not enough to lay down and go to sleep."

Johnson didn't want to comment further until he saw the details of the report. The hope, Johnson said, was to get a substantial amount back in the first year, and return to the assembly next year to ask for more.

Meanwhile, it looks as if \$10.5 million also will be returned to the budget over the next two years for the Center for Innovative Technology — in addition to \$6.5 million that Gov. Douglas Wilder had included in the original budget proposal. Quite a feat, considering the original proposal had eliminated funding entirely for CIT in 1993-94.

That's good news, too, for Tech, which has received \$59 million from the CIT or in industrial

grants through the CIT in the last five years.

The CIT's purpose is to help connect university research with businesses and to help them use technology.

"We're very pleased," said Linwood Holton, former governor and head of the center. The center now will have a budget of about \$8.5 million a year, a reduction of about 15 percent.

"But we can survive on this," Holton said. "As long as we're in the ballpark, and the state legislature has made it clear that we can continue to stand as an organization."

Meanwhile, the governor's \$613 million bond referendum, which would include \$472 million for higher education projects, passed both the House and the Senate this week.

All it needs is the governor's signature, which is almost assured since he offered the legislation, said Ann Pratt of the State Council of Higher Education.

The referendum, which would go to the voters Nov. 3, includes funding for Tech's college of veterinary medicine and biotechnology center and \$5 million toward Radford University's college of global studies.

The projects originally were part of a larger borrowing bill, and it looked for a time as though the House and Senate were deadlocked.

"It was scary," Pratt said.

Already, she said, the council has begun to think about how to get voters to approve.

"We'll have to organize and talk about ways that we can communicate what this bill means," she said.



Peggy Jarvis
Nell Ross
Darlene Earnest
Pally Earnest
Eva Jarvis

Members who attended
Area III Spring Conference
April 24, 1992
Wytheville, Va.

Area III Spring Conference



- In 1980, the average family spent one out of every eleven dollars of its income on health care. By the year 2000, the average family will spend one dollar on health care for every six dollars of income. (Families USA Foundation, 1991)
- Costs for medical care paid by the elderly more than doubled in the 80's and will probably triple in the 90's. (Select Committee on Aging, 1990)

Our health care system is bloated by administrative waste and unnecessary procedures.

- The U.S. spends more on health care than any other country - 40% more per person than Canada, 90% more than Germany, and twice as much as Japan. (Senate Human and Labor Committee, 1991)
- American hospitals spend an average of 19% of their budgets on billing and administration, compared to Canadian hospitals which spend only 8%. (National Health Care Campaign, 1989)
- The U.S. health care system spends up to 24 cents of every dollar on administrative and billing costs. This compares with 11 cents spent in Canada. (New England Journal of Medicine, 1990)
- The number of health care administrators is increasing three times as fast as the number of doctors. (National Health Care Campaign, 1989)
- Fourteen percent of all coronary bypasses, 32% of arterial balloon procedures, and 17% of upper GI examinations are unnecessary. (Rand Corporation, 1989)

U.S. businesses are loosing ground due to soaring health care cost.

- American businesses are currently spending \$238 billion a year on health care. (Select Committee on Aging, 1992)
- In recent years, American businesses, large and small, have seen health care costs increase by 25% to 50% annually. (National Health Care Campaign, 1989)
- Health care costs add approximately \$1,000 to the cost of an American made car. This is four times the cost for a Japanese manufacturer. (Subcommittee on Commerce, Consumer Protection, and Competitiveness, 1992)
- When polled, 95% of business executives in Fortune 500 companies stated that health costs was a major concern compared to other costs of doing business for their company. (Health Affairs, 1991)
- Business payments for health insurance tripled from 1980 to 1991, and are expected to rise sevenfold between 1980 and 2000. (Families USA Foundation, 1991)

May



Eva Jarvis AND Peggy Jarvis
Program - Recycling Clothing





*Jennifer Blankenbeckler
started to school this
year. Our little member.*

MODERN MAKE OVERS

6.08



EC 36

EXTENSION SERV

Utah State Univers

June



Clubs Choice Workday
Exchanging Patterns



Southwestern State Hospital

June 18 1992

Under the Big Top

Darlene



Members Who Attended
Southwestern State
Hospital

Eva



Peggy Janni



Robertal



Polly



Genevieve Bowen

"...one nation,
under God,
indivisible,
with liberty
and justice
for all."



July



*E.H.C. Members enjoying a
covered dish lunch.*

Bake and Yard Sale: The Rye Valley Extension Homemakers Club will have a bake sale and yard sale Saturday, July 18, 8 a.m.-2 p.m. across from Sugar Grove Diner. This is a first-time sale. (7-15)

Judy Midkiff and Pat Price
Program- Family Community
Leadership



Council sponsors bloodmobile

Rye Valley Community Council sponsored a bloodmobile visit to Sugar Grove School and collected 34 units for the Red Cross.

Matthew Davis was a first-time donor at the July 16 visit. Francis W. Horne became a two-gallon donor.

Other donors were Kathleen Copenhaver, Marguerite Calhoun, Anna May Horne, Thomas Williams, Caroline Gates, Carol Burchett, Lora Testerman, Pat Jennings Sr., Sean Price.

Linda Poston, James Barker, Isaac Freeman, Robert McKinney, Wava Osborne, Carol Greer, Jackie Greer, Raymond Sheets, William Choate, Paul Shepherd, Ricky Parks, Annie Robbins.

Michael Evans, Mary Phillippi, James Parsons, John Jones,

Franklin Currin, Virginia Parsons, Patricia Dempsey, Edward Dempsey, Kenneth Price, Mavis Dempsey, and Lynn McKinney.

Volunteers working the bloodmobile were Ruth Ashlin, Wilma

Shupe, Juanita Anderson, F. Shupe, Virginia Currin, Anne I. sons, Linda T. Currin, Eva Jar Polly Earnest, Lora Testerman, Leon Anderson, Kenny Wood, Chris Blankenbeckler, and Jan Keyes.

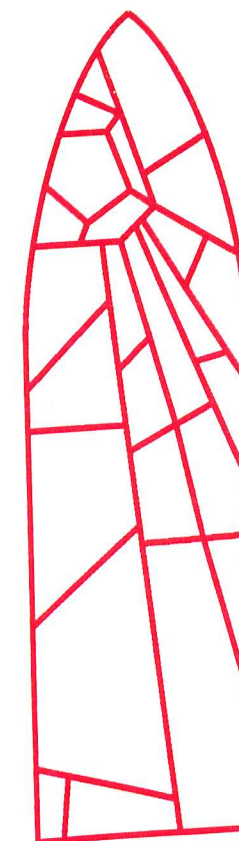
As you may know, blood is a vital component used in saving people's lives. It cannot be produced synthetically, so the only source of blood is from eligible donors. It takes a lot of compassion to become a blood donor, and even more to stay with the program as a "regular".

Yet, as you read this, many people in the Appalachian Region are depending on the good will of blood donors. All of the blood in this region will come from volunteers who donate through the American Red Cross Blood Services Program. And we need **you**.

We need for you to be at least 17 years old. We need for you to weigh at least 110 pounds. We need for you to be in good health. We have a need for you even if your blood is the most common type of all.

Give us an hour of your time at the next community bloodmobile. By giving blood, your concern for others can be expressed in a positive, life-sustaining way.

BLOODMOBILE



VIRGINIA COOPERATIVE EXTENSION SERVICE

VIRGINIA
STATE

Smyth County Extension Office
P. O. Box 510
Marion, VA 24354
July 14, 1992

VIRGINIA
TECH

TO: All Smyth County Extension Homemaker Members

Dear Extension Homemaker:

You are invited to attend a Quilt Pattern Exchange and Lap Quilting demonstration on Tuesday, July 28 at 10 a.m. in the Appalachian Power Company in Marion.

Please bring quilt patterns with you as well as quilts from that pattern for display. Please pin your name and club name on the quilt for identification purposes.

If you wish to participate in the Lap Quilting demonstration, you will need the following materials:

- 1) 10 matching pillow top squares (any style)
- 2) quilting needle
- 3) quilting thread
- 4) batting to fill quilt
- 5) backing for quilt
- 6) large embroidery hoop (large enough for entire square)
- 7) scissors

If you have questions, please call me at 783-5175. I hope you can attend.

Sincerely,
M. N.

LAP QUILTING OR QUILT AS YOU GO

PREPARING FOR QUILTING--

LAY THE FABRIC FOR THE TOP OF THE QUILT BLOCK RIGHT SIDE UP ON THE DESIGN TO BE TRACED, CENTERING CAREFULLY. TRACE THE DESIGN TO BE QUILTED WITH A WASHABLE MARKING PEN, OR YOU CAN USE A HARD-LEAD PENCIL.

WHEN MAKING A QUILT-AS-YOU-GO QUILT YOUR QUILTING DESIGN MUST BE AT LEAST $\frac{1}{2}$ " TO 1" AWAY FROM THE OUTSIDE EDGE OF YOUR BLOCK SO THAT THEY CAN BE CONNECTED LATER.

ARRANGE THE LINING (BACKING), BATTING AND TOP LIKE A SANDWICH AND PIN THE 3 LAYERS TOGETHER. BASTE THE LAYERS TOGETHER WITH A CONTRASTING THREAD GOING FROM CENTER TO CORNER, CENTER TO OPPOSITE CORNERS DOING ALL FOUR CORNERS. NEXT, BASTE FROM CENTER NORTH, SOUTH, EAST, AND WEST, AND BASTE AROUND OUTSIDE EDGES.

THE BLOCK MAY NOW BE PUT IN A ROUND HOOP OR SQUARE FRAME IF PREFERRED.

STARTING TO QUILT--

QUILTING IS SIMPLY CONNECTING THESE 3 LAYERS USING A SMALL RUNNING STITCH TRYING TO KEEP STITCHES EVEN AND CONSISTENT.

IT IS IMPORTANT TO QUILT THE CENTER OF EACH BLOCK FIRST, THEN PROCEED OUTWARD.

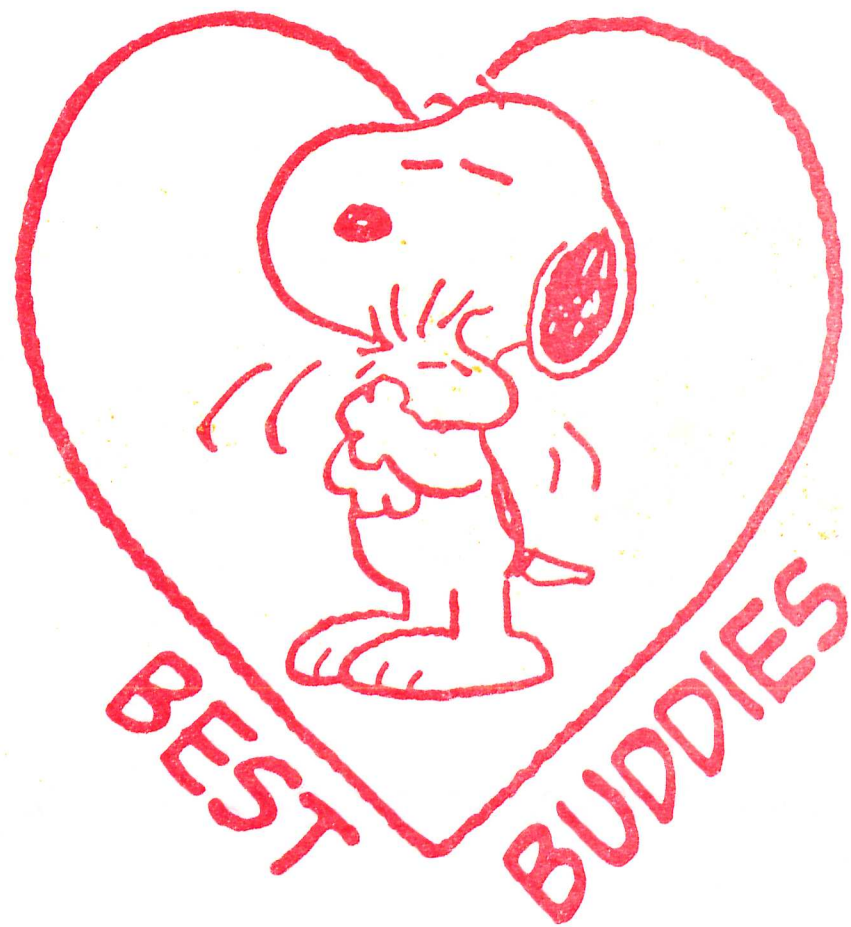
THERE ARE TWO WAYS TO START YOUR QUILTING. ONE APPROACH, PROBABLY THE MOST COMMON, IS TO CUT YOUR QUILTING THREAD ABOUT 18" LONG AND START WITH A SMALL KNOT WHICH IS PULLED THROUGH THE FABRIC TO HIDE IN THE BATTING.

THE SECOND APPROACH IS TO START WITH A THREAD ABOUT 30" LONG. THIS THREAD IS PULLED HALF WAY THROUGH AND THE BOTTOM HALF IS LEFT HANGING FREE WHILE YOU QUILT WITH THE TOP HALF. WHEN YOU RUN OUT OF THREAD, END OFF BY LOOPING THE THREAD INTO A KNOT AND TAKING A SMALL BACKSTITCH INTO THE BATTING. BRING THE NEEDLE OUT ABOUT AN INCH AWAY AND PULL SO THAT THE KNOT POPS THROUGH THE FABRIC AND INTO THE BATTING. CLIP OFF THE THREAD.

August



Roberta Hayton and
Peggy Jarvis
Program - Quilt Pattern
Exchange and Lap
Quilting.



SOUTHWEST REGION
EXTENSION HOMEMAKERS COUNCIL



MEETING THE CHALLENGE
September 17, 1992
Emory & Henry College

**Milk, Yogurt, and
Cheese Group**

2-3 Servings

Choose skim milk and nonfat
yogurt often. They are lowest
in fat.

Choose 2 ounces of cheese and
2 ounces of yogurt count as a
serving from this group
because they supply the same
amount of calcium as 1 cup of
milk.

Choose "part skim" or lowfat
cheeses when available and
lowfat milk desserts, like
custard, milk or frozen yogurt.
Read labels.

Meat, Poultry, Fish,

Dry Beans,

Eggs, and Nuts Group

2-3 Servings

- Choose lean meat, poultry
without skin, fish, and dry
beans and peas often. They
are the choices lowest in fat.

- Prepare meats in lowfat ways:
—Trim away all the fat you
can see.
—Remove skin from poultry.
—Broil, roast, or boil these
foods instead of frying them.

- Nuts and seeds are high in fat,
so eat them in moderation.

The Food Guide Pyramid...

Beyond the Basic 4



Developed as a cooperative effort by:



United States Department of Agriculture
Human Nutrition Information Service
6505 Belcrest Road
Hyattsville, MD 20782



Food Marketing Institute
800 Connecticut Avenue, N.W.
Washington, DC 20006

1992

FOOD CITY
TERRY AHRENS
Director of Consumer Affairs

Abingdon Division



5 a Day - for Better Health!

— a national program to help you
develop a healthier lifestyle. Eating five
servings of fruits and vegetables every day
can help you do just that. *Since 35% of
all cancer deaths can be attributed to the
typical American diet which is too high
in fats and too low in fiber, it could be
the most important lifestyle change you
ever make.*

Five servings a day is a delicious and easy
habit to acquire!



5 Points to Remember

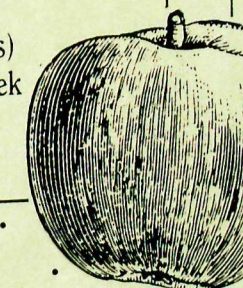
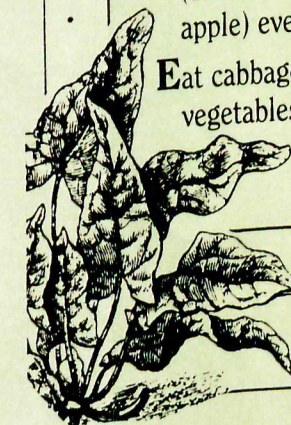
Eat five servings of fruits and vegetables
a day

Eat at least one vitamin A rich selection
(such as cantaloupe, carrots, spinach,
sweet potato) every day

Eat at least one vitamin C rich selection
(such as grapefruit, oranges,
cauliflower or green pepper) every day

Eat at least one high fiber selection
(such as winter squash, corn, figs or
apple) every day

Eat cabbage family (cruciferous)
vegetables several times a week



5 A DAY... it's easier than you think!

Fruits and vegetables are the original convenience
foods — they're portable, pre-packaged, require no
refrigeration, and can be eaten raw and on the go.

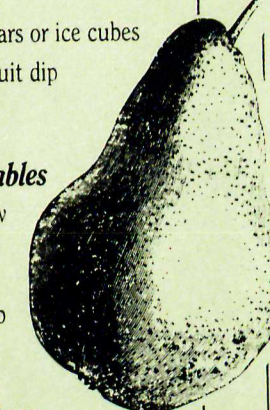
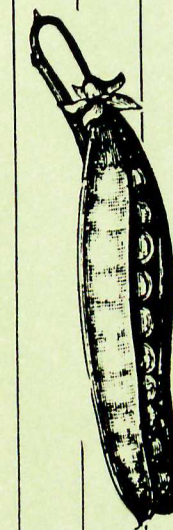
Getting More Fruit

Think fruit for snacks and quick pick-me-ups
Add fruit — apple chunks, orange wedges, or
grapes — to lettuce salads

Choose fruit juices instead of coffee or soft drinks

Use fruit as an appealing edible garnish — grapes
on a sole fillet, pineapple slices on an oriental
chicken breast

Freeze pureed fruit to make juice bars or ice cubes
Top cereal and plain yogurt with fruit dip



Getting More Vegetables

Brown baggers: include cut up, raw
veggies for every lunch

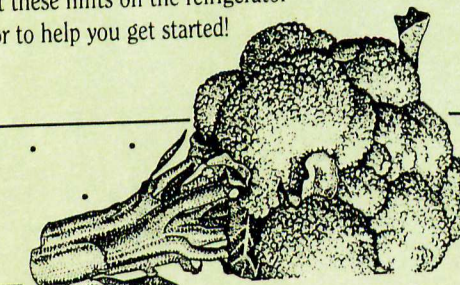
Cut up a large assortment of fresh
vegetables every few days and keep
refrigerated for a handy snack

Vegetable soup can increase your
servings — make your own or add some
lightly cooked veggies to canned soup

Salad bars can provide your quota for the day —
select plenty of raw vegetables

Add extra vegetables to sandwiches (tomato slices,
sprouts, lettuce) and main dishes (chunked
vegetables to spaghetti sauce, stew, stir-fry
dishes)

Put these hints on the refrigerator
door to help you get started!



State EHC president gives program

The Rye Valley Extension Homemakers Club met Sept. 9 at the home of Judy Midkiff, extension agent for Smyth County.

Eva Jarvis, club president, was in charge of the business meeting. Devotions were Homemakers Creed and prayer. Roll call was answered with "Are you ready for the county picnic?" (The picnic was held Sept. 12 at the Chilhowie Recreational Park at 3 p.m. at Shelter 2.)

The minutes were read by Thelma Hawthorne. Treasurer's report was given by Mary Jane Blankenbeckler.

The members viewed a video by Martha Durst, state EHC president.

Regional meeting will be held Sept. 17 at Emory & Henry College church fellowship hall. Registration will be from 9:30-10 a.m.

Door prize was won by Polly Earnest, refreshments were served by Judy Midkiff.

The October meeting will be held at the Elizabeth Fellowship Hall.

—Press Release

SEPTEMBER



Club meet at the home of Judy Midkiff. The members viewed a video by Martha Durst, state EHC president.



Refreshments were
Served by Judy Midkiff



Judy And her Cats.

EHC Picnic
1992
ChilHowie



Polly Earnest won
Bingo Prize

EHC Week Oct 11-17-92



Board of Supervisors
Luncheon October 13



October



Nell Ross and Thelma Hawthorne
gave Program on Recycling
and Planting Trees.

Recycling a three-foot high
stack of newspapers saves one
tree.

Most aluminum recovered
from soft drink cans is recycled
into new cans in as little as 90
days.





Virginia Tech • Virginia State

REPRINTED 1991



Ornamentals and Turf

PUBLICATION 430-295

Guidelines for Planting Landscape Trees

Paul L. Smeal and Bonnie Appleton¹

Introduction

Trees planted around homes, public buildings, commercial industries, and along town and city streets fill several needs. They fill a need for shade, a need for screening, a need for softening the harsh and stark lines of buildings, and a need for adding beauty and graciousness and a feeling of welcome to streets that otherwise are purely functional.

For trees to do their intended job satisfactorily - and continue to do it - they must be selected carefully and watched closely until they become established. Once established, they require less attention.

From a homeowner's perspective, most everyone wants ornamental trees around their property to make it more attractive. But many people do not realize that good trees provide other benefits and have many more uses around the home and yard. For example:

1. They increase land values. Landscaping adds to the resale value of the property -- a well planted, properly maintained property may have its original value increased from ten to fifteen percent. Such a property is also easier to sell.
2. Trees provide a great deal of shelter. They give shade from the hot sun, they eliminate much of the cutting force of strong rains and winds, and they retain moisture in the soil.
3. They can be used to screen unsightly objects or to frame and accent pleasing views and garden features.
4. They help secure privacy by providing eye-pleasing barriers, borders, and hedges.
5. Trees can enrich a pleasant feature in the garden by forming a contrasting background for that feature.
6. They can help prevent soil erosion on steep slopes and banks.

Where to Plant - Fitting into the Plan

The space of distance between trees is very important. A landscape changes dramatically, though

slowly sometimes, as they grow. While spacing depends on your objectives, the site, and the growth habits of the trees to be planted, you should anticipate their mature sizes and avoid planting them so close together or so close to buildings, walks, and driveways that removal or pruning will be necessary when they mature.

What to plant, rather than where to plant, is the question most often asked; but what you plant often depends on where you want to do the planting. When you are deciding where the planting should be done, keep a number of things in mind such as:

- Eye-appeal and design. Well placed trees will add to the attractiveness of a house or building and its setting. Most often they will look their best behind the house at the corners. A house of predominantly vertical lines or features can be made to appear lower if trees with rounded forms are planted around it. In the same manner, a low, spreading house will appear taller if trees that have columnar or pyramidal shapes are planted.
- Trees for shade. Shade may be one of the most important factors to consider when landscaping with trees. Leaf size and the density of a tree's canopy determine the amount of shade it will provide. Large shade trees are tall enough to shade the roof of a two-story house. Medium-sized trees are large enough to shade the roof of a one-story dwelling or the walls of a two-story building. Small trees will shade an outside wall of a one-story house.
- Boundaries or borders. Trees for hedges or border plantings often do well and add to the overall appearance of a home site if they are planted along the property lines. In this way they provide an enclosure which offers an individuality to the property and its setting within the neighborhood. Also, such plantings may be designed to screen the whole property or specific parts or structures therein.
- Trees with unique characteristics. Specimen or accent trees may be used in the landscape because they possess some outstanding characteristics such as flowers, fall color, berries, bark

Budget shortfall could mean

By MARCELLA COCKERHAM/Staff

A \$3.4 million shortfall in the 1993-94 Virginia Cooperative Extension Service budget could mean the elimination of up to 80 jobs in the Southwest Virginia district, including Smyth, Bland and Wythe extension offices.

Last year, the Virginia Cooperative Extension Service faced a 29 percent budget cut for the 1992-93 fiscal year. Even though the cut was reduced to 5 percent, the extension service was already dealing with a 20 percent cut in funding over the past two years.

Smyth County is operating with two agents where there should be three for the county's size. Bland, which has a core staff of two, is operating with one agent. A second agent will be hired to replace Linda Childers, who recently transferred to the Washington County Extension Office.

Walter Robinson, extension agent in Smyth County, hopes the Virginia General Assembly will restore the \$3.4 million to the budget because if seniority is the measuring stick for cuts then the Smyth County unit would lose one agent. Judy Midkiff is the other agent at the

Robinson expects half the agents to lose their jobs across the state.

The General Assembly convenes Jan. 13.

"It's just hard to say now (about what will happen)," he emphasized. Even with one fewer agent, the agency has not turned down people seeking help. He noted, however, "It's hard to give the quality of service we were used to giving." With fewer agents, the number of specialists has dwindled and are not available to serve residents.

The Smyth County agents address agriculture and home economics programs now, and in the past, two other agents were on staff to coordinate 4-H programs. Smyth County supervisors took over funding for the salary of one agent for the 4-H program; 4-H is offered at all public schools, grades 4 through 7 as well as two horse clubs and a livestock club, Robinson explained.

"We feel like we're necessary to farmers, homemakers, and the youth in our county," said Robinson. He encouraged people to call their lawmakers. By state law, he said, he cannot lobby legislators.

Wythe County Home Economist Kathy Miller explained that a budget amendment was needed

sembly to include the \$3.4 million shortfall. If the funding is approved, the extension service will be operating under the same budget as the 1992-93 year.

"Obviously, if jobs are cut, services and programs are going to be affected. We have no idea where jobs would be cut. If one of the agents were cut in the Wythe County office, programs will be affected

STYLIST WANTED

Shortfall threatens service

■ EXTENSION, from Page A11

In addition to spending time answering questions, he also coordinates cattle sales, the area Wool Pool, feeder cattle field sales and feeder pig sales. Miller holds pesticide meetings, conducts seminars and conferences and works with soil testing.

Kathy Miller has been the home economist for the county since 1985. She serves as the educational advisor for the seven Extension Homemakers Clubs in the county.

In addition to providing educational classes for families and individuals in financial management and utilization of their resources, she also provides consumer education to the community through information about product safety and consumer rights and laws.

Teaching parents about communicating with their children, train-

ing area child care providers, providing nutrition classes to diminish disease risk and teaching weight control and waste management classes also keeps her busy. Kathy Miller is most often the only resource for parenting classes in the county.

With seven years experience as the 4-H Extension Agent in Wythe County, Cathy Sutphin works with about 66 4-H clubs. At last count, the number of children enrolled in 4-H clubs in Wythe County totaled about 1,610. While all schools in the county have 4-H clubs, there are numerous community clubs led by volunteers.

Special interest clubs include saddle and bridle clubs, livestock judging clubs and shooting sports clubs, as well as a Scholastic Chess Club.

Once a month, Sutphin visits every 4-H club in the schools, which

are primarily fourth to seventh graders.

In addition to agriculture, 4-H and consumer education, the office also works with community resource development. They work with other public agencies and businesses to provide engineering and management assistance.

"The worse thing that we can do is start telling people in the county that we can no longer help them or that we can no longer continue our programs. They are taxpayers and they depend on these programs," said Jerry Miller. Extension offices throughout Virginia are asking that people who have been assisted through extension programs and services to write their local legislators in support of the extension program.

For more information on the extension service in Smyth County call 783-5175. □

Our Opinion

Extension support needed

For over 70 years folks in Smyth have had the helping hand of extension agents. Now the time has come to return the favor by extending the extension service support before its valuable programs suffer.

Extension agents provide many invaluable services at little or no cost to anyone who asks. Most people are aware of the assistance agriculture agents provide to farmers. That help goes a long way—the service's agricultural programs produce a 49 percent return on every tax dollar spent. Extension agents help ensure that agricultural products produced by Virginia farms are safe and healthful.

But the services of extension agents don't end there. They provide vital skills to people who are often in tough situations. Their policy is to solve problems through education. People in financial binds can learn budgeting skills. Needy pregnant women can turn to the extension service to learn parenting skills. In fact, extension programs work for mothers on welfare to prevent them from

Extension service needs help

■ OPINION, from Page 4A

further jobs.

The problem rests with a \$3.4 million shortfall in the 1993-94 Virginia extension budget. This lies on top of a 5 percent budget cut last year added to a 20 percent cut the previous two years. The job cuts would come if the \$3.4 million shortfall is not removed prior to the budget's adoption. Removing it will take

session.

This is the time to put pressure on legislators for extension. Advise your state senator and delegate of your support for extension. Give them a call or write letters. Otherwise, the next time someone reaches for that helping hand it may not be there. □

Red Cross collects 101 units

The Red Cross Bloodmobile collected 101 units of blood during a visit in Marion Oct. 30.

Goal for the visit, sponsored by Smyth County Extension Homemakers, was 90 pints.

First-time donors during the collection at First United Methodist Church fellowship hall were Janie Carrico and Caroline Schleifer.

Alexander Meadows became a seven-gallon donor and Nancy Sparger reached the six-gallon mark.

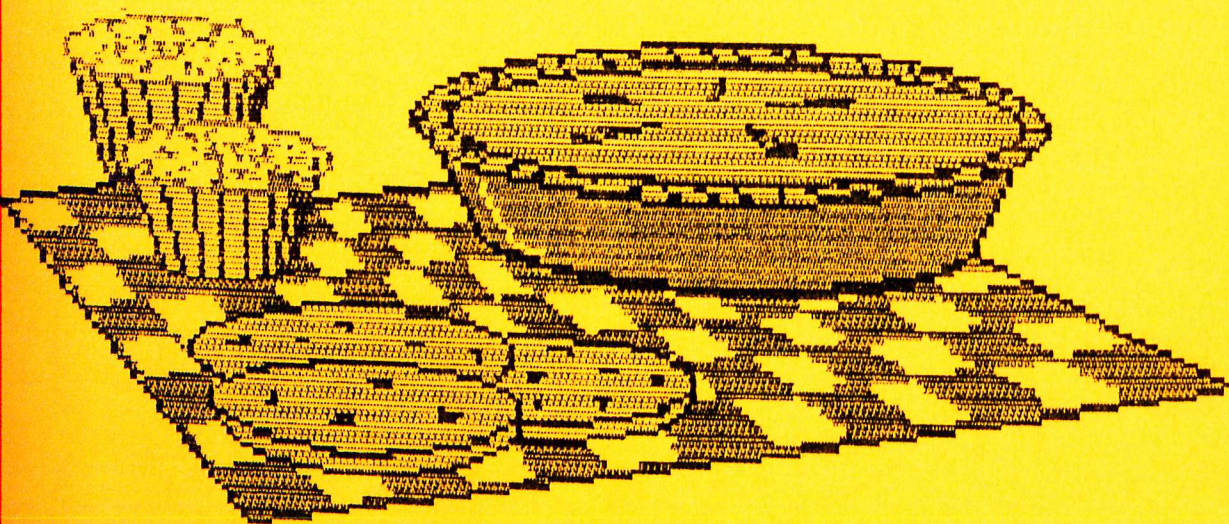
Other donors who achieved milestones were as follows: three gallons, Clifton Eugene Hoover and Robert Wollitz; two gallons, Daniel Foster, Philip Hopkins, Stella Lawrence and Robert McKinney; one gallon, Louis Goodbrod, Edward Keyes and David Newman.

Volunteers from Rye Valley Club were Eva Garris, Pally Earnest, Genevieve Bowen & Roberta Hayton.

FOREST FANTASY

Saturday, November 7, 1992
V.F.W. Post 4667
Marion, Virginia
9 a.m. - 2 p.m.

A variety of homemade items including
baked goods and crafts for sale.



*Rye Valley EHC members
Forest Fantasy*

Rye Valley EHC meets

The Rye Valley Extension Club met at the Elizabeth fellowship hall for the November meeting. Eva Jarvis, president, called the meeting to order.

Devotions were the Home-makers Prayer. Minutes of last meeting were read by Thelma

Hawthorne. Roll call was "Do you use an artificial or live Christmas tree?"

See EHC, page 4B

4B • Smyth County News • Wednesday, November 25, 1992

EHC

Continued from page 2B

Mary Jane Blankenbeckler gave the treasurer's report. The club voted to give a donation to Rocking Readers and Community Council for the Christmas baskets.

Thelma Hawthorne won the

door prize.

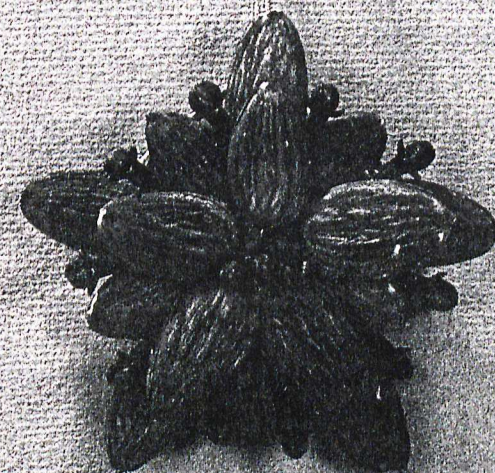
The club voted to give a donation to Santa's Elves instead of exchanging gifts. The December meeting will be at the Baptist Shelter with a covered dish dinner.

Roberta Hayton and Genevieve Bowen presented the program on different Christmas tree ornaments. They displayed some very pretty ones they had made. They showed the club how to make some very attractive and simple ones.

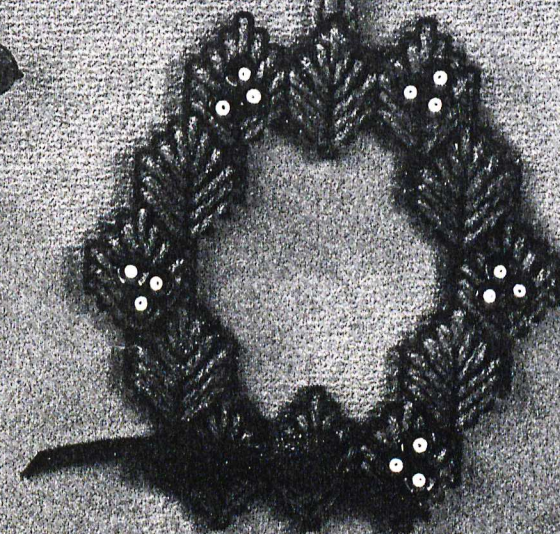
Thelma Hawthorne made a motion to keep the same officers for next year. Cards were sent to the sick.

Anyone interested in joining the club will be welcomed. The club meets on the second Wednesday of each month.

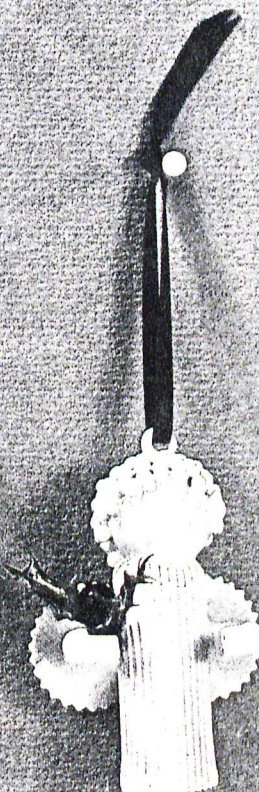
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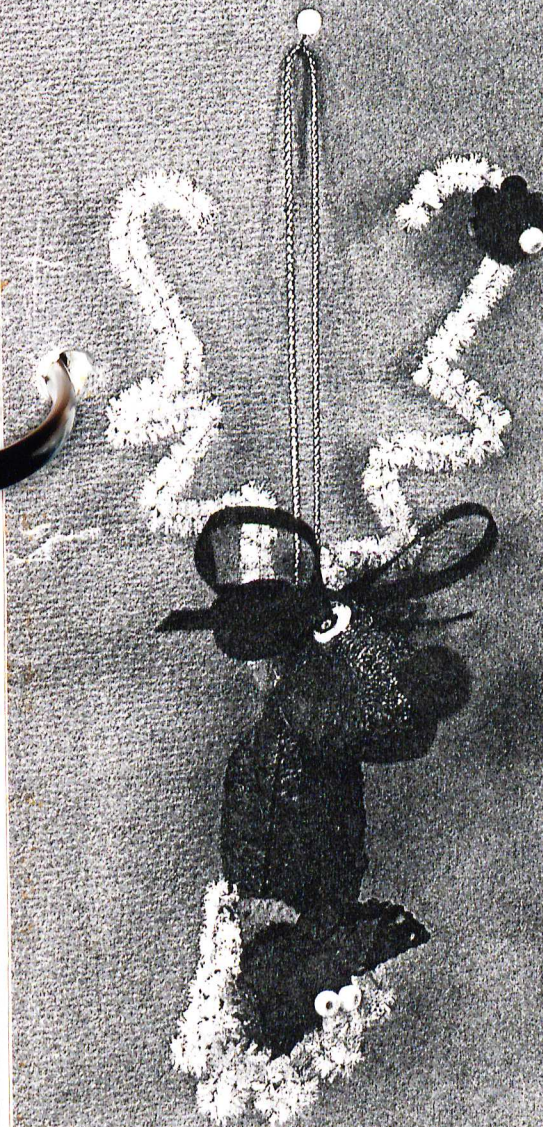
Nut Flowers



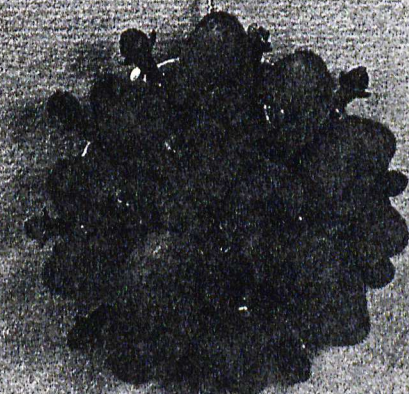
Plastic-Canvas Wreath
CHART ON PAGE 63



Pasta Angel



Nutty Reindeers
Instructions start on page 102



Nut Flowers

noodle individually on head with
ers. For a bun-shape at nape of
pile several noodles on top of each
in a circle. To make a hanging
glue anelli noodle to top center of

arms, glue one macaroni noodle to
side of rigatoni, 1" from bottom.
v glue to set.

ings, glue center of bow tie noodle
ck of rigatoni, 1" from bottom. Let
dry overnight.

inishing. Spray entire angel with
wo coats of ivory, allowing paint to
between coats.

e holly along inside curve of one
For hanging, insert ribbon halfway
ugh loop at top of head; tie ends
ther in a knot to form a loop. ■

itty Reindeers

Patricia Nimocks

using different nuts, each reindeer
es on a new personality.

ATERIALS (for both reindeer)

Peanuts in the shell, two.
Brazil nuts in the shell, two.
Dried apricot pits, two.
Chenille stems: iridescent and white,
two of each.
Red pom-poms: 6mm, two; 10mm,
four.
Wiggle eyes, 6mm, four.
Ribbon, 1/8" wide: red satin and green
metallic with red, 10 inches of each.
Yellow seed beads, 4mm, six.
Leaf sequins: green, 1", two; red, 1/2",
five.
Green flower sequins, 1/2", three.
Red fine-line permanent marker.
Gold cord, 16 inches.
Glue gun and glue sticks or tacky
craft glue.
Scissors. Ruler.

STRUCTIONS

Make the reindeer.

Peanut Reindeer. Glue end of one
eanut to top of other peanut to form an
pside-down "L" shape. For nose, glue
ne 6mm pom-pom to front end of top

For antlers, fold one white chenille stem
in half. Make one small loop in center of
each half of stem, then curl ends
outward (Fig. 1). Glue center of antlers to
center back of top peanut.

For base, fold one white chenille stem
into zigzags; fold ends together to form a
circle (Fig. 2). Glue circle around bottom
edge of bottom peanut.



Brazil Nut Reindeer. Glue Brazil nuts
together, same as for peanuts. For ears,
glue ends of apricot pits together at
center back of top nut. For nose, glue
one 10mm pom-pom to front end of top
nut. Glue on two wiggle eyes near back
end of nut.

For antlers, fold one iridescent chenille
stem in half. Make three small zigzag
bends in center of each half of stem, then
curl ends inward (Fig. 3). Glue center of
antlers to center back of ears.

For base, fold one iridescent chenille
stem into a line of circle-loops; fold ends
together to form a large circle (Fig. 4).
Glue circle around bottom edge of
bottom Brazil nut.

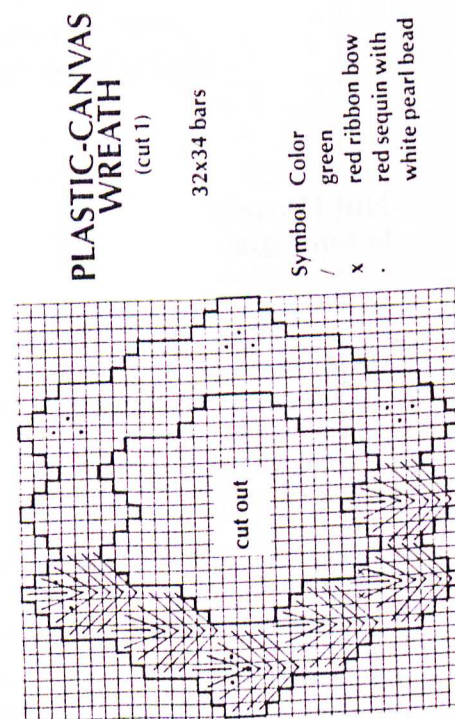


2 Finishing. Tie each length of 1/8" wide
ribbon into a small bow. Glue satin
bow to top center of Brazil nut reindeer,
in front of ears. Glue metallic bow to top
center of peanut reindeer.

For Brazil nut antler decoration, *glue
one yellow bead to top center of one
10mm pom-pom. Glue pom-pom to top
center of one sequin flower.* Glue
decoration to top edge of one antler.
Repeat between *'s for peanut reindeer
base decoration; make antler decoration
the same way, using 6mm pom-pom.

For flower decoration on Brazil nut
reindeer, glue ends of green sequin
leaves to front of bottom nut. Glue red
leaves in a flower-shape over green
leaves. Glue 10mm pom-pom to center
of flower. Glue three yellow beads to top
center of pom-pom.

To hang reindeer, cut two 8" lengths of
gold cord. For each length, fold cord in



November



Roberta Hayton and
Genevieve Bowen gave
Program on Christmas tree
Ornaments





Jennifer Blankenbecker
won the door prize for
December.

DECEMBER



Row 1
Mary Jane Blankenbecker
Darlene Earnest
Fannie Johnson
Nell Ross



Row 2
Marilyn Bullins
Thelma Hawthorne
Irene Jarvis
Helen Long
Eva Jarvis

members enjoyed a covered
dish lunch